

Cook Book

of the

Alberta B. George Missionary Society

of the

University M. E. Church

Los Angeles, California

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Cook Book

of the

*Alberta B. George
Missionary Society*

of the

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Los Angeles, California

Published by
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Introductory

Choice Recipes

This little book is the result of the constant and untiring efforts of the young women of the Alberta B. George missionary society of University M. E. Church. The recipes have been carefully compiled and as we send them on their mission we hope they will do their bit toward fulfilling the bigger purpose for which we are striving.

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SOUPS

SOUP STOCK

Large meaty shanks of beef, wash, cut the meat from the bone and into small pieces, and put bones and meat back in soup kettle with plenty of cold water and the salt. This tends to draw out the juices of the meat, a necessary thing in good soup. Boil slowly and a long time, long enough to extract all the juices from the meat, which will be dry and tasteless. If necessary to add more water be sure that it is boiling. Strain into a jar or crock and remove the fat. If it is not wanted until it is cold, that fat can be more readily removed then. This stock forms the base of many nice soups and can be made in a large quantity and kept several days in a cool place.

RED DEVIL

1 can tomato soup	½ lb. grated cheese
1 small can milk	1 egg

Heat soup and pour in canned milk, cheese, and beaten egg—in order. Serve on crackers or toast. Mrs. Helen Townsend

CORN SOUP

1 can soup	2 cups scalded milk
2 cups cold water	1½ teaspoon salt
2 tablespoons chopped onion	celery salt and paprika
3 tablespoons butter	3 tablespoons flour
1 cup beaten cream	

Strain soup before adding the cream.

TOMATO SOUP

½ can tomatoes	½ teaspoon soda
½ can water	½ tablespoon flour
butter size of large egg	sweet milk

Boil tomatoes and water 20 minutes; put in soda. Add milk, salt, pepper. Mix flour with butter. Stir in and let come to boil.

CELERY SOUP

1 stalk of celery, cut small, water to cover nicely, boil slow until tender, salt and pepper to taste, add butter size of walnut, add 1 pint of milk, serve with crackers.

GREEN PEA SOUP

1 quart green peas	1/2 teaspoon salt
1 quart water	1/4 teaspoon pepper
1 pint milk	1/2 teaspoon sugar
1 tablespoon butter	1 tablespoon flour

Put peas into 1 pint boiling water and cook until soft. Mash them in the water in which they were boiled, and rub through a strainer gradually adding a pint of water. Put on to boil again, cook the butter and flour in small pan, being careful not to burn it. Stir into boiling soup. Add salt, pepper, sugar and milk which should be hot.

VEGETABLE SOUP

25 cents shank soupbone	6 potatoes
3 quarts water	4 carrots
1/2 cup barley	2 turnips
1 teaspoon celery seed	a little cabbage
2 large onions	1 can tomatoes

Put meat on stove in cold water. Add barley and celery seed. Simmer slowly, removing grease and scum from time to time. Dice onions, potatoes, carrots, turnips and cabbage. Can of tomatoes, water enough to cover, and cook 1 hour. Season to suit taste. After bone has been boiled 3 hours, add the vegetables.

MOCK BISQUE SOUP

2 cups tomato juice	2 cups milk
3 tablespoons flour	1/2 teaspoon baking powder
3 tablespoons butter	salt and pepper

Combine milk, butter, flour, salt and pepper as for white sauce, mix tomato and soda. Let mixture stand 5 minutes, add to the white sauce, heat and serve immediately.

MEAT DISHES

HAM LOAF

2 cups milk	2 eggs
2 lbs. ham	3 pieces of bread softened
2 lbs. beef	

Grind meat and beat eggs. Mix all together in a loaf. Wrap in a cloth and tie firmly. Place in kettle and cover with boiling water. Cook for 2 1/2 hours. Keep loaf covered with water.

Mrs. Bruce Pollard

BAKED HAM AND TOMATO SAUCE

Have slice of ham one inch thick or more. Slightly broil on both sides to secure proper flavor. Place in casserole, cover with one can Heintz Tomato Soup. Cover and cook for one hour in hot oven. 300 degrees. Serve with Southern sweet potatoes.

Mrs. Thane Odell

JELLIED VEAL LOAF

3-lb. veal shoulder and knuckle joints, 1/2 lb. salt pork; boil together till it drops from bones. Chop cucumber pickles, parsley and green pepper, 4 hard-boiled eggs; add to chopped meat. Boil down liquor and put in enough to moisten the whole. Press in mold.

Mrs. Fred Gilman

Mrs. Clifford Le Cain

MEAT LOAF

1 $\frac{1}{2}$ lb. hamburg
1 egg
Beat egg. Mix all together and bake three quarters of an hour.

1 cup bread crumbs

1 can vegetable beef soup

SWISS STEAK

Select a thick steak and pound into it salt, pepper, celery or onion salt, and as much flour as possible. Brown on each side in bacon fat. Add hot water, cover, and bake till tender. Onions and other vegetables may be added.

SALMON LOAF

1 can salmon
2 eggs
7 saltine crackers

2 tablespoons melted butter
pepper and salt

Drain, bone, and mince salmon. Add beaten eggs and rolled cracker crumbs. Season with butter, salt and pepper. Mix well and steam in baking powder can 1 hour.

Mrs. Clifford Le Cain

VEAL A LA KING

Cook two pounds of veal until very tender. Have pepper corns and a bay leaf in the water, if you like their flavor. Drain and use the strained broth for the white sauce, as follows:-

2 tablespoons butter
 $\frac{1}{4}$ teaspoon salt

2 tablespoons flour to every cup of milk (diluted with the broth)

Melt butter, add flour, then milk, and cook till thick and creamy. Add $\frac{1}{2}$ teaspoon or more of paprika to give it a delicate pink color. Add olives pitted and sliced, pimentos cut fine, parseley and finely cut celery to taste.

Add veal and serve hot as it is, or in patty shells, timbals, ramekins or croustades.

MOCK DUCK

Select a large tender round steak $\frac{1}{2}$ inch thick. Spread with butter, pepper and salt. Make a good bread dressing and spread on steak. Roll up and tie both ends with a cord. Bake like any roast.

Mrs. LeRoy Weatherby

BRAISED BEEF

Braised beef may be made from the rump or shoulder and may be cooked in one piece or cut in small uniform pieces. In either case, for three pounds of meat treat in the following manner:- Brown meat in hot fat quickly on all sides. Place in deep kettle or casserole. Make a sauce of the following:- $\frac{1}{4}$ cup of diced turnip, carrot, celery and onion, and if liked 1 cup of tomato; salt and pepper to taste and a dash of garlic salt and nutmeg. Brown vegetables in fat the meat was browned in, then add three cups boiling water, pour over meat, cover closely and cook very slowly for three or four hours if meat is left in one piece. If cut up, it will take less time.

Mrs. Thanc Odell

ITALIAN DELIGHT

1 lb. round steak
1 can corn
bit of onion or garlic

1 package noodles

1 can tomato sauce

grated cheese

Brown ground round steak in skillet with onion or garlic. Cook and season noodles in salted water and drain. Combine ingredients, put in pan, sprinkle with cheese, and bake slowly $\frac{1}{2}$ hour.

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INDIA MEAT CURRY

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1 lb. round steak	1 flake of garlic
2 large onions	1 can Del Monte Spanish tomato sauce
1 heaping tablespoon curry powder	salt and pepper
2 tablespoons shortening	

Cut steak in small cubes. Chop onions finely and fry light brown in shortening, and remove from grease.

Have the curry powder previously soaked in warm water $\frac{1}{2}$ hour or longer. When the consistency of thick paste, put into shortening and fry a nice brown, stirring all the while to prevent burning.

Into this mixture, place meat and let it absorb the shortening. Fry for 15 minutes. Cover with water and cook *very slowly* until meat is quite tender. At the last add the fried onions, garlic and tomato sauce.

Indian curry is to be served always with dry boiled rice prepared as follows:

HOT TAMALES PIE

1 cup corn meal	1 lb. round steak, ground
3 cups water	1 medium sized onion

1 can Del Monte tomato sauce

Cook corn meal and water with salt to season in double boiler. Fry meat and onions until done, then add tomato sauce.

Put layer of corn meal in baking dish, then layer of meat, then layer of corn meal. Put in oven to brown.

Mrs. Fred W. Gilman

TAMALES PIE

2 cups corn meal	1 onion
6 cups water	2 cups tomatoes
1 tablespoon fat	1 lb. Hamburger steak

Make mush by stirring the corn meal and $1\frac{1}{2}$ teaspoons salt into boiling water. Cook 45 minutes. Brown onion in fat, add hamburger and stir until red color disappears. Add salt, pepper and tomato. A sweet pepper is an addition. Grease baking dish, put layer of corn meal mush, add seasoned meat, and cover with mush. Bake $\frac{1}{2}$ hour.

Mrs. Thane Odell

HAM AND PORK LOAF

1 lb. smoked ham (raw)	1 cup bread crumbs
2 lbs. lean fresh pork (raw)	1 cup milk
2 eggs	pepper and very little salt

Sprinkle little brown sugar and bread crumbs over top. Also pour 1 can tomato soup or sauce over it and bake slowly for 2 hours.

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AMERICAN "PIE LAIEF"

1 lb. round steak ground

1 cup of dry (raw) rice

2 large onions chopped fine

Spanish tomato sauce

2 tablespoons shortening

salt and pepper

Fry meat and onions in shortening until brown. Wash rice and place in baking dish with all other ingredients. Bake in slow oven until rice is thoroughly cooked, keeping it moist by adding a little water during process of baking. Brown on top and serve as you would any scalloped dish, hot.

Mrs. J. B. Thomas

CHEESE SOUFFLE

3 tablespoons flour

1 cup grated cheese

3 tablespoons butter

salt and pepper to taste

1 cup milk

3 eggs

Put butter and flour together, add milk, making a smooth cream sauce. Add grated cheese and salt and pepper. Set aside to cool. Beat eggs separately, add yolk to mixture and blend thoroughly. Fold in whites stiffly beaten, turn into greased dish, bake in slow oven about 25 minutes and serve at once or it will fall.

MRS. KENNETH TOWNSEND

PIGS IN BLANKET

Cut a round steak into 4-inch squares. Season with salt, pepper and sage. Roll 2 slices of bacon in each piece and fasten with toothpicks. Add a little water and bake.

Mrs. LeRoy Weatherby

VEAL CROQUETTES

2 cups chopped cold cooked veal

few drops onion juice

1/2 teaspoon salt

yolk of one egg

1/8 teaspoon pepper

1 cup thick white sauce

few grains cayenne

Mix ingredients in order given. Cool, shape, crumb, fry as other croquettes. Roll in crumbs, a beaten egg and crumb again. Fry in deep fat and drain on brown paper.

MRS. O. H. SATHER

CLAM PATTIES

1 can Pioneer Minced Sea Clams

1 egg

1/2 lb. butter

1 1/2 cups scalded milk

salt and pepper

Melt butter, add flour to thicken and milk. Stir until smooth, season. Add clams and juice and boil 1 minute. Add yolk slightly beaten. Cook 1 minute, pour into whites beaten stiff. Serves 4 people.

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VEGETABLES CARROT-WALNUT LOAF

Mix 1 cup of cooked carrots with one cup cooked rice and one cup softened bread crumbs. Have ready one-half cup onions chopped fine, and one-half cup walnuts chopped. Add these with two tablespoons melted fat, salt, pepper, paprika, celery salt or a little poultry seasoning to taste. Then add one beaten egg. Shape it into a loaf, bake in moderate oven in greased pan until browned, and serve either with tomato sauce or a brown gravy.

VEGETABLE CASSEROLE

1 cup diced potatoes	1 cup hot water
1 cup peas	1 cup beans
1 cup celery—chopped fine	1/4 cup washed rice
1 small onion—chopped very fine	1 cup tomato
butter, salt and pepper	Bake Slowly three hours.

CORN TAMALES

1 can corn	1 tablespoon flour
1 small can chicken tamale	

Thicken corn with flour and add tamale. Mix well and put in baking dish. Cover with buttered bread or cracker crumbs and bake until crumbs are brown.

DRIED PEA LOAF

1 1/2 cups dried peas	1 onion
1 1/2 cups dried bread crumbs	2 tablespoons fat
1 egg	salt and pepper

Soak dried peas over night. Boil slowly two hours, grind through meat grinder. Fry onion in fat, mold into loaf the consistency of meat loaf. Bake one-half hour and serve with tomato sauce.

MRS. CHARLES STRICKER

HARVARD BEETS

Cook beets until tender. Cut in any desired shape. Mix.

1/2 cup sugar	1/2 cup vinegar
1/2 tablespoon cornstarch	2 tablespoons butter

Boil five minutes and pour over cut beets. Serve hot.

MRS. BOB STANLEY

ONION PIE

1/2 dozen small onions, cooked until tender, then fry light brown in butter. Have moist enough to add 1 tablespoon flour. Salt. Line deep pan with rich biscuit dough rolled 1 inch thick. Pour in the onions and smooth. Beat very light 2 eggs, 1 1/2 cups milk, pinch of salt and pour over onions. Add bits of butter over top. Bake until custard is set and crust brown.

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SCALLOPED CORN AND CLAM

1 can corn	2 onions
1 can minced clams	2 bell peppers
1 1/2 cup bread crumbs	salt and pepper

Chop onions and bell peppers, fry golden brown. Add crumbs and fry. Add corn, clams, salt and pepper and bake in moderate oven.

BEET ASPIC

Cook 2 bunches of beets until tender. Slice thin and round. Boil together for 5 minutes.

3/4 cup water	4 whole cloves
3/4 cup vinegar	2 allspice
1/2 cup sugar	2 crushed bay leaves

Add 1 1/2 tablespoon gelatin, dissolved in 1/4 cup cold water. Strain and pour over beets. Serve with mayonnaise.

MRS. W. S. STRICKLER

VEGETABLE ROAST

3 large potatoes	2 tablespoons flour
3 carrots	3 tablespoons butter
3 onions, cut thin	salt and pepper
1 can peas, drained	3 slices bacon, finely cut and fried
2 cups milk	

Bake in covered dish and cover with one cup of bread crumbs.

BOILED RICE

Boil 1 lb. best head unpolished rice in large kettle of water until when grain is crushed between fingers there is still a tiny hard kernel. Immediately turn cold water faucet into kettle to stop the process of cooking.

Then wash in cold water until the water becomes clear, thus removing all surplus starch.

Invert the kettle on its own cover in sink with one side tilted to allow its *perfect* drainage, for one hour or more.

One-half hour before serving, place boiled rice in *hot oven*, thus re-heating. Serve rice on plate first, with as much gravy in center of rice as you wish.

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SALADS

COOKED SALAD DRESSING

$\frac{1}{2}$ cup vinegar

$\frac{3}{4}$ cup water

2 tablespoons sugar

1 teaspoon salt

1 egg

$\frac{1}{4}$ teaspoon dry mustard

2 heaping tablespoons cornstarch

1 tablespoon butter

pepper

Combine dry ingredients. Beat egg well and add to dry ingredients, then add vinegar and water. Cook in double boiler.

PINEAPPLE SALAD

2 cups pineapple

1 cup sugar

1 cup whipped cream

2 tablespoons gelatine

$\frac{1}{2}$ cup lemon juice

grated cheese

Boil pineapple and sugar, then add gelatine dissolved in the lemon juice. When slightly set add whipped cream and grtd cheese.

“WONDERFUL SALAD”

1 package lemon jello

1 cup boiling water

$\frac{1}{2}$ cup vinegar

$\frac{3}{4}$ cup sugar

1 can shredded pineapple

1 small can pimentos

$\frac{1}{2}$ cup chopped walnuts

3 or 4 sweet pickles

Dissolve jello in boiling water. Cook vinegar and sugar together till it threads and add $\frac{1}{2}$ cup pineapple juice to this and then add all to jello. When jello begins to set, add the shredded pineapple, pimentos, walnuts and pickles. Mold and serve with mayonnaise.

ELMA B. WATSON

SHRIMP SALAD

$\frac{1}{2}$ cup shrimp

1 $\frac{1}{2}$ cups cold boiled spaghetti

$\frac{1}{2}$ cup chopped celery

1 chopped pimento

3 hard boiled eggs

little onion

$\frac{1}{2}$ teaspoon parsley

MRS. O. H. SATHER

COMBINATION SALAD

6 apples

1 bunch celery

1 package raisins

Add boiled salad dressing.

$\frac{1}{2}$ cabbage

1 can pineapple

MRS. O. H. SATHER

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COTTAGE CHEESE SALAD NO. 1

Cut the pineapple into small pieces. Combine the materials. Pile on crisp lettuce leaves and put mayonnaise over top.

COTTAGE CHEESE SALAD NO. 2

To cottage cheese add chopped raisins and chopped walnuts. Season with sugar and salt to taste. Pile on crisp lettuce leaves. MRS. OWEN C. COY.

VEGETABLE SALAD

CABBAGE SALAD

Cook beets until tender, then slice and soak in diluted vinegar. Chop cabbage and dice celery. Remove beets from vinegar, drain and chop. Combine ingredients and add slightly sweetened mayonnaise. ELMA WATSON

VEGETABLE SALAD

1 bunch carrots 1 bunch beets
1 can peas celery

Cook beets and soak in diluted vinegar, also soak peas in diluted vinegar. Grind carrots raw. Dice celery. Drain beets and peas. Combine all ingredients and add mayonnaise. ELMA WATSON

MACARONI SALAD

2 cups ready cut macaroni $\frac{1}{2}$ dozen sweet pickles
 $\frac{1}{2}$ lb diced cheese 1 can pimientos

Cook macaroni in boiling water until tender. Let cool, then mix with cheese, chopped sweet pickle and chopped pimientos. Serve with cooked salad dressing to which has been added 1 cup whipped cream. ELMA WATSON

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CALAVO SALAD

Slice the half of a peeled Calavo in thin strips. Place cup-wise around a stem of tomato on lettuce leaves. Serve with salt and paprika, a little lemon juice or French dressing. Thousand Island dressing is preferred by many. Garnish with ripe or green olives, or with a slice of lemon.

The tomato may be replaced with orange, grape fruit or cucumber if desired. The addition of Calavo greatly improves the flavor and food value of any salad.

CALAVO COCKTAILS (Service for Six)

Peel and cube a Calavo. To 3 cupfulls of the cubed Calavo add 1½ cupfulls of diced celery and 6 tablespoons of mayonnaise thinned with 3 tablespoons of cream and 1 tablespoon of lemon juice. Flavor with 6 drops of tobasco sauce and add salt to taste. Chill before serving.

A simpler cocktail may be made as follows: Heap cubed Calavo in Sherbet glasses and cover with one of the well-known brands of prepared Thousand Island dressing. Place in the refrigerator to chill and marinate for several hours before serving.

ONE MINUTE MAYONNAISE

1 egg	1 tablespoon lemon juice or vinegar
½ teaspoon salt	2 cups oil
½ teaspoon dry mustard	

Break the whole egg into a bowl. Put in ½ teaspoon each of dry mustard and salt, with 1 tablespoon lemon juice. Beat these together a few seconds with a Dover egg beater. Then slowly pour in 2 cups of oil, beating it with the other ingredients as it is poured into the bowl.

This mayonnaise is very mild. It may be varied with paprika or cayenne pepper. Worcestershire sauce add a piquant flavor. The addition of ketchup or chile sauce makes an excellent Russian dressing.

MRS. T. D. ODELL

PINEAPPLE SALAD DRESSING

1 egg	1 heaping teaspoon cornstarch
2 tablespoons water	juice from 1 medium sized can of
1 tablespoon sugar	pineapple, about 1 cup
1 tablespoon lemon juice	

Put pineapple juice and sugar on stove and bring to boiling point, stir in well beaten egg to which has been added 2 tablespoons cold water and cornstarch; stir constantly until thick. When partly cool add lemon juice. This makes a delightful salad dressing for fruit salad when mixed with whipped cream. Plain cream may be used

MRS. WALTER HALL

BEET SALAD

1 cup cooked diced beets	1 hard boiled egg, chopped
1 cup diced, salted celery	mayonnaise

Mix beets, celery and egg with mayonnaise and serve on lettuce.

Mrs. Albert Ulrey

PEAR SALAD

8 halves canned pears	lettuce
red jelly	cream or cottage cheese

Arrange two halves of pear on lettuce leaves for each serving. Fill cavities with cream or cottage cheese and top with a spoonfull of red jelly.

STUFFED TOMATO SALAD

4 medium sized tomatoes	chopped onion
1 cup celery diced	$\frac{1}{4}$ cup green pepper

Peel and chill 4 tomatoes. Remove some of stem end and fill the cavity with mixture of celery, green pepper, onion and mayonnaise. Top with a spoonfull of mayonnaise and sprinkle with paprika.

CHICKEN SALAD

1 cup cooked chicken	10 stuffed olives sliced
1 cup celery, diced	1 boiled egg, chopped

Mix shredded chicken, diced celery, tiny slices of olives, and chopped egg with mayonnaise and serve on lettuce. Decorate with slices of olive.

FRUIT SALAD

4 slices canned pineapple	10 dates
1 large banana	10 marshmallows
1 orange	$\frac{1}{2}$ cup walnuts

Cut fruit and marshmallows in small pieces, add nuts, halves if possible. Mix liberally with mayonnaise. Put a portion on a crisp lettuce leaf and cover with chopped nuts.

CARROT AND APPLE SALAD

2 small grated carrots	$\frac{1}{4}$ cup raisins
1 apple diced	$\frac{1}{4}$ cup nuts

Mix carrots, apples, raisins and nuts and put a spoonful of mayonnaise on each serving. Serve on lettuce.

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WALDORF SALAD

1 cup celery diced	$\frac{1}{2}$ cup nuts chopped
1 large apple diced	mayonnaise or whipped cream

Mix celery, apple and nuts with mayonnaise or whipped cream or a mixture of the two. Serve on lettuce.

PINEAPPLE AND CABBAGE SALAD

1 cup shredded cabbage	1 shredded pimento
4 slices pineapple, cubed	mayonnaise

Mix cabbage, pineapple and pimento with mayonnaise and serve on lettuce leaves.

IMPERIAL SALAD

1 small can pineapple	1 pimento
1 tablespoon vinegar	1 cup celery
1 package Lemon Jello	mayonnaise

Heat to the boiling point juice from the small can of pineapple, one tablespoon of vinegar and water to make a pint. Add to Lemon Jello. When setting add the pineapple, cubed, the shredded pimento and the celery cut fine and salted. Mould in individual moulds or in a loaf and slice. Serve on lettuce with mayonnaise.

BREADS POPOVERS

1 cup milk	2 eggs
1 cup flour	1 teaspoon melted butter
$\frac{1}{2}$ teaspoon salt	

Add flour and salt to milk and beat well. Then add one unbeaten egg at a time, beating thoroughly with egg beater. Add melted butter. Have muffin tins or custard cups well greased and hot. Bake in medium oven about 40 minutes. Do not take from oven too soon or the popover will fall. Makes 12 popovers.

Mrs. Robert L. Stanley

HONEY BRAN MUFFINS

$\frac{1}{2}$ cup honey	$1\frac{3}{4}$ teaspoons soda
1 beaten egg	2 cups bran
1 $\frac{1}{2}$ cups thick sour milk	2 tablespoons melted shortening
$\frac{3}{4}$ cups 100% whole wheat flour	$\frac{3}{4}$ cup seedless raisins
$\frac{1}{2}$ cup white flour	$\frac{1}{2}$ teaspoon salt

Beat the egg, stir in the honey and sour milk. Sift the two kinds of flour with the soda and salt, mix with the bran and stir into the first mixture, adding the raisins, melted shortening, and bake in greased pans. Mrs. T. D. Odell

PARKER HOUSE CORN ROLLS

2 cups flour	1 tablespoon sugar
1 cup cornmeal	2 tablespoons shortening
4 teaspoons baking powder	1 egg
½ teaspoon salt	½ cup milk

Mix and sift dry ingredients, cut in shortening with a knife, add beaten egg and milk; mix well, make soft dough that can be handled. Turn on floured board and roll to about $\frac{1}{2}$ inch in thickness; cut with cutter and put bit of butter in center and fold as for Parker House Rolls. Bake in moderate oven about 15 minutes.

Mrs. Robert L. Stanley

TEA BISCUITS

1 cup flour	two thirds cup sweet milk
1 tablespoon sugar	1 tablespoon lard
1 teaspoon baking powder	pinch salt

Melt lard in muffins, then pour into batter, put in tins, add lump butter, sugar and cinnamon to each biscuit, bake in hot oven.

Mrs. C. D. Stricker

NUT BREAD

2 cups graham flour	1 teaspoon salt
2 cups white flour	2 eggs
1 cup sugar	$\frac{3}{4}$ cup chopped nuts
2 cups milk	2 level teaspoons baking powder

Let rise one half hour. Bake in a slow oven one and one half hours.

Mrs. Alfred Cate

NUT BREAD

1 $\frac{1}{2}$ cups flour	1 teaspoon salt
2 cups graham flour	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{2}$ cup cornmeal	1 cup seedless raisins
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ cup molasses
2 teaspoons baking powder	2 cups sour milk or buttermilk
1 teaspoon soda	

Sift dry ingredients, but do not discard bran from graham flour; add remainder of materials in order named. Put into two small well-greased bread pans; allow to stand 15 minutes. Bake about 40 minutes in moderate oven.

Mrs. F. W. Gilman

BROWN NUT BREAD

4 tablespoons melted crisco	1 $\frac{1}{2}$ cups graham flour
2 eggs	$\frac{1}{2}$ teaspoon salt
1 cup sugar	1 teaspoon baking soda
two thirds cup New Orleans Molasses	1 cup Sultana raisins
1 $\frac{1}{2}$ cups flour	1 cup sour milk

Beat eggs and sugar together for 5 minutes, then add molasses, soda mixed with milk, salt, flour, raisins and nuts. Mix and turn into greased and floured cake tin and bake in a slow oven one and a quarter hours. Sufficient for one medium sized loaf.

Mrs. Lee E. Bates

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BAKING POWDER BISCUIT

2 cups flour	2 tablespoons shortening
4 teaspoons Royal Baking Powder	¾ cup milk or half milk
½ teaspoon salt	and half water

Sift together flour, baking powder and salt, add shortening and rub in very lightly; roll or pat with hands on floured board to about one inch in thickness. Add liquid slowly; (handle as little as possible); cut with biscuit cutter. Bake in hot oven 15 to 20 minutes.

EMERGENCY BISCUIT

2 cups flour	2 teaspoons baking powder
½ teaspoon salt	1 tablespoon butter

Mix and sift flour, salt and baking powder, rub in butter, mix to a thick batter with a little milk, drop by spoonfulls in a greased pan, and bake in a quick oven.

PLAIN GINGERBREAD

½ cup sugar	¾ teaspoon baking powder
½ cup molasses	1 teaspoon cinnamon
1 cup sour milk	2 teaspoons ginger
2 cups flour	½ teaspoon cloves
1 egg	2 to 4 teaspoons shortening
½ teaspoon salt	

Mix all dry ingredients except sugar. Beat egg in mixing bowl and add sour milk; molasses and sugar; add melted fat to molasses mixture and bake in a moderate oven thirty minutes.

Mrs. S. G. Clarke

GINGERBREAD

½ cup sugar	½ teaspoon cloves
1 cup molasses	2½ cups flour
½ cup shortening	1½ teaspoons soda in
1 teaspoon cinnamon	1 cup boiling water
1 teaspoon ginger	2 eggs

Mix in order given and mix slowly.

Mrs. Alfred Cate

RICH GINGERBREAD

½ cup brown sugar
½ cup molasses
½ cup melted shortening
½ cup hot water
2 eggs
speck salt

1 teaspoon soda
1 ¾ cups flour
1 teaspoon ginger
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice

Mix dry ingredients, add liquid and bake in moderate oven about twenty minutes.

Mrs. T. D. Odell

BRAN BREAD

1 egg (well beaten)
½ cup brown sugar
½ cup molasses
2 cups sour milk

1 level teaspoon soda in a little water
1 teaspoon salt
3 cups graham flour
2 cups bran

Mix and let rise one hour, then bake in a slow oven one hour.

BRAN BISCUIT

1 tablespoon molasses
1 egg
1 teaspoon melted butter
1 cup sweet milk

2 teaspoons baking powder
1 ½ cups health bran
½ cup flour

Use gem pans. Grease and have piping hot before putting in the batter.

MUFFINS

2 cups flour
1 teaspoon baking powder
pinch of salt

2 eggs
1 cup sweet milk or cream
butter size of egg (melted)

Mix flour, baking powder and salt together. Add beaten yolk of eggs, the milk and butter; then add first mixture to it and the well beaten whites of eggs. Beat well and bake immediately in gem pan in hot oven. A little sugar can be added if desired.

BREAKFAST MUFFINS

2 eggs
1 cup milk
2 cups flour
2 teaspoons baking powder
Bake in quick oven.

2 tablespoons melted butter or
shortening
salt

NUT BREAD

2 ½ cups flour
1 cup sugar
2 ½ teaspoons baking powder
1 cup milk
1 cup raisins

1 egg
1 teaspoon salt
1 teaspoon cinnamon
1 cup nuts

Mix and let stand ½ hour. Bake slowly one hour.

RIBBON SANDWICHES

Take six or more slices of bread and butter on one side. On the first slice spread finely chopped ham; on second slice spread lettuce and mayonnaise; on third spread nuts and chopped olives mixed with mayonnaise; on fourth, cheese and pimentos; fifth, scrambled eggs. Place one slice on top of other with plain bread last. Wrap in slightly dampened napkin and put a weight on them for an hour. Cut off crusts, then slice down through all making thin sandwiches which will have all the different fillings. The filling can be varied to more color if desired.

MRS. LE ROY WEATHERBY

CALAVO SANDWICH SPREADS

Mash the flesh of a Colavo and spread on crackers or toast. If seasoning is required use a little salt and pepper or lemon juice. Try beating the flesh of a Colavo with lemon juice and a little salt. Serve on toasted squares of whole wheat or white bread. Garnish with slices of ripe olive. Serve as an open sandwich with the Colavo spread thickly.

A delicious spread can be made by mashing the flesh of a Colavo and whipping with a fork, adding as much mayonnaise as there is flesh of the fruit. Try mixing the paste with chopped ripe olives. Serve on rye bread or on toasted bread.

PUDDINGS DESSERT DAINTY

1 cup cold cooked rice

½ cup cut up marshmallows

½ cup diced pineapple

1 cup sweetened whipped cream

Mix all together and serve.

Mrs. Robert Stanley

PINEAPPLE SNOW

1 small can grated pineapple

½ cup cold water

¾ cup sugar

½ pint whipped cream

2 or 3 teaspoons gelatine

Dissolve sugar and grated pineapple; put on stove until boiling hot; dissolve 2 or 3 teaspoons gelatine in ½ cup cold water; pour into hot pineapple and sugar. When cold and just ready to set, mix ½ pint whipped cream with it and let it set.

Mrs. Townsend

BAVARIAN CREAM

1 package Red Lemon Jello

1 bottle maraschino cherries

1 pint hot water or pineapple juice

1 small can grated pineapple

½ cup sugar

1 dozen macaroons rolled

1 package marshmallows

1 pint cream

Roll macaroons, cut up cherries and marshmallows; whip 1 pint of cream; whip the jello, then whip all together; fine with angel food cake. Serves 12 people.

Mrs. Lee E. Bates

CHOCOLATE PUDDING

1 square chocolate

one third cup corn starch

3 cups milk

one third cup sugar

Mix cornstarch and sugar with a little milk and stir into hot milk with chocolate; flavor with vanilla and cook until of sufficient consistency.

Mrs. Le Roy Weatherby

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BUTTERSCOTCH PINEAPPLE PUDDING

1 quart milk	$\frac{3}{4}$ cup brown sugar
one third cup minute tapioca	1 cup crushed pineapple
1 egg	one third cup nut meats
6 tablespoons butter	

Scald milk in double boiler, add tapioca, sugar and salt and cook 15 minutes; add beaten egg yolk and cook until thickens and remove from heat. Melt butter in sauce pan; add brown sugar and melt; stir rapidly, add pineapple and nuts. Stir this into tapioca; fold in stiffly beaten egg white—chill—serve with whipped cream.

Mrs. Clifford Le Cain

PARADISE PUDDING

1 pint bread crumbs, fine	3 cups milk
1 tablespoon melted butter	$\frac{1}{2}$ teaspoo onsalt
4 egg yolks	1 lemon
1 cup sugar	4 whites of eggs

Mix bread crumbs with butter, beat yolks of eggs with 1 cup sugar, salt, grated rind of lemon; add 3 cups milk, stir well, and pour over bread crumbs. Bake slowly, let cool ten minutes, spread with layer of pineapple, preserves or any kind of jell. Beat whites of 4 eggs stiff, add 3 tablespoons of powdered sugar—1 tablespoon lemon juice and spread. Brown lightly.

Mrs. Fred W. Gilman

DATE PUDDING

1 cup sugar	1 pound dates
6 eggs	pinch of salt
6 tablespoons cracker crumbs	1 cup nut meats
2 teaspoons baking powder	

Mix dates and nuts, add crackers, crumbs, baking powder and salt; add beaten egg yolks, mix thoroughly, fold in stiffly beaten egg whites. Place in greased shallow pan and bake twenty minutes in a moderate oven (325 degrees), cool and cut in squares, serve with whipped cream or hard sauce.

Mrs. Charles Stricker

PEACH COTTAGE PUDDING

$\frac{1}{4}$ cup butter	2 cups flour
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ rounding teaspoons baking powder
1 egg well beaten	$\frac{1}{2}$ teaspoon salt
1 cup milk	

Stir in two cups sliced or canned peaches, bake in square pan and serve with hard sauce. Any chopped or sliced fruits can be used in a similar way.

Mrs. Le Roy Weatherby

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RICE AND STRAWBERRY PUDDING

4 cups milk	1 cup powdered sugar
1/4 cup rice	1 tablespoon butter beaten to cream
1 tablespoon butter	1 box strawberries
1 teaspoon salt (scant)	1 egg white
3 tablespoons sugar	

Have 4 cups milk boiling hot, add rice, butter beaten to cream, salt and sugar, cook one hour. Beat powdered sugar, butter, beat white of egg stiff and mash strawberries. Add strawberries and white of egg last.

Mrs. B. Pollard

CARROT PUDDING

1 cup raw carrots	1 cup flour
1 cup raw potato	1 cup raisins
1/2 cup suet	1 teaspoon soda
1 cup brown sugar	1/2 teaspoon cinnamon, cloves & nutmeg

Run potatoes and carrots, suet and raisins through food chopper; add soda to potato; mix, place in one pound baking powder cans and steam two hours.

CINNAMON APPLES

2 cups sugar	10 cents worth cinnamon candy
1 cup water	

Cook until it forms syrup. Add 8 Jonathan apples, pared and cored. Cook until tender. Remove apples and add 1 tablespoon strawberry jello to remaining syrup. Pour over apples.

MRS. ALBERT ULREY

BROWN BETTY

2 cups soft bread crumbs	1/2 teaspoon cinnamon
2 teaspoons butter	1/2 teaspoon nutmeg
3 cups apples	1/2 lemon juice
1/2 cup sugar	1/4 cup water

Mix the butter and bread crumbs. Cut apples in small pieces and add remaining ingredients. Place some bread crumbs in baking dish and then a layer of apples. Continue until all ingredients are used. Bake from 20 to 30 minutes and serve with hard sauce.

CALAVO DATE WHIP DESSERT

Peel a Calavo carefully. Mash the flesh with a fork and whip to consistency of cream. Add just a suggestion of lemon juice and mix with chopped or ground dates. Beat the Calavo and dates together well and heap up in sherbet glasses. Place a maraschino cherry on top. Chill thoroughly before serving.

DELICATE PUDDING

1 pint boiling water	add piece butter
1 cup sugar	grated rind and juice of 1 lemon
3 tablespoons flour	

When cooked stir in quickly whites of 3 eggs. Custard (or use cream), 1 pint milk, yolks of 3 eggs, 1 cup sugar, flavor with vanilla.

MRS. F. W. GILMAN

DATE PUDDING

2 eggs	1 teaspoon baking powder
1 cup sugar	1 cup chopped dates
2 tablespoons flour	1 cup chopped nuts

Beat eggs, add cup sugar, then sifted flour and baking powder. Then add chopped dates and nuts. Bake in a very moderate oven $\frac{1}{2}$ hour. The pudding is equally good although quite different if steamed for an hour and a half. Serve with whipped cream or vanilla sauce.

VANILLA SAUCE

two thirds cup sugar	1 teaspoon vanilla
3 tablespoons flour	1 $\frac{1}{2}$ cups water
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon lemon extract

Mix the sugar, flour and salt thoroughly, add the water slowly and boil 2 minutes. Add the vanilla, lemon and butter. Beat one minute and serve. If you like it thinner, more water may be added.

FROZEN MARSHMALLOW PUDDING

1 lb. marshmallows	1 pint whipped cream
1 large can pineapple	1 tablespoon sugar

Mix, put in freezer and pack with ice.

GLADYS GRAY

RAISIN PUDDING

1 cup flour	$\frac{1}{2}$ teaspoon each cinnamon, nutmeg
$\frac{1}{2}$ cup sugar	and cloves
$\frac{1}{4}$ cup milk	2 teaspoons baking powder
$\frac{1}{2}$ cup raisins	

SAUCE

1 cup brown sugar	2 tablespoons butter
$\frac{1}{2}$ cup hot water	vanilla

Boil 5 minutes. Drop pudding by spoonfulls into hot sauce. Bake 20 minutes. Do not stir.

CAKES, COOKIES and ICINGS

"SPICE CAKE"

1 cup sour milk	$\frac{1}{4}$ teaspoon cloves or nutmeg
1 $\frac{1}{2}$ cups sugar	1 cup raisins
$\frac{1}{2}$ cup shortening	1 level teaspoon soda
2 eggs	1 cup nuts
$\frac{1}{2}$ teaspoon cinnamon	2 $\frac{1}{2}$ cups flour

Bake slowly 1 $\frac{1}{2}$ hours.

MRS. ALFRED CATE

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ORANGE CAKE

½ cup shortening	1 teaspoon soda dissolved in warm water
1½ cups sugar	2 cups flour
¾ cup sour milk (or sweet milk with 3 teaspoons baking powder and speck soda	2 eggs
1 large orange ground in meat grinder	1 cup raisins if liked

Combine as in any other cake and bake in very slow oven. Frost with orange or other icing.

MRS. THANE ODELL

WHITE LAYER CAKE

1½ cups sugar	1 cup milk
½ cup lard and butter mixed	2½ cups flour
2½ teaspoons baking powder	Whites of 3 eggs, flavoring

PRUNE CAKE

3 eggs (save 2 whites)	1 cup cooked prunes
2 cups sugar	2 cups flour
1 cup salad oil	salt
1 cup sour milk	¼ teaspoon each of spices

Cream eggs and sugar. Add chopped cold prunes and spices, salad oil, sour milk with 1 teaspoon soda. Add flour with 2 teaspoons baking powder. Bake in 3 layers in slow oven.

MRS. FRED GILMAN

ONE EGG CAKE

1 cup sugar	1 $\frac{3}{4}$ cups flour
4 tablespoons shortening	3 teaspoons baking powder
two thirds cup milk	$\frac{1}{8}$ teaspoon salt
Cream shortening—add sugar, mix well. Add egg, well beaten and other ingredients.	

MRS. ALFRED CATE

APPLE SAUCE CAKE

1 cup sugar	1 cup seedless raisins
$\frac{1}{2}$ cup butter	1 teaspoon cinnamon
1 $\frac{1}{2}$ cups apple sauce	1 teaspoon nutmeg
2 cups flour	2 teaspoons soda sifted in flour
Cream the butter and sugar, add the sweetened apple sauce, raisins dipped in flour, and the cinnamon and nutmeg. Beat thoroughly until smooth. Bake in a slow oven 40 minutes.	

MRS. LE ROY S. WEATHERBY

CHOCOLATE CAKE

$\frac{1}{2}$ cup sugar	1 egg yolk
$\frac{1}{2}$ cup sweet milk	3 squares chocolate
Boil the above and let cook.	
$\frac{1}{2}$ cup butter or Crisco	$\frac{1}{2}$ teaspoon soda dissolved in the milk
1 cup sugar	$\frac{1}{2}$ cup sour milk
2 eggs, whites and yolks beaten separately	2 cups flour

Add first mixture and bake in 2 layers.

MRS. BRUCE POLLARD

PLAIN TWO LAYER CAKE

4 tablespoons butter	2 teaspoons baking powder
1 cup sugar	1 $\frac{3}{4}$ cups flour
2 eggs	1 teaspoon spice or other flavoring
$\frac{1}{2}$ cup milk	1 speck salt
Bake in moderate oven.	

MRS. F. G. MULLINS

DATE NUT CAKE

1 cup sugar	2 cups flour
$\frac{1}{2}$ cup butter	2 eggs
$\frac{1}{2}$ cup dates	1 teaspoon baking powder
$\frac{1}{2}$ cup nutmeats	1 teaspoon soda
1 cup boiling water	pinch of salt

Pour boiling water over dates and add soda, cream, butter and sugar. Sift salt, baking powder and flour three times. Beat flour into date mixture. Beat eggs and add to butter and sugar. Mix the two together and add nuts. Bake in layer pans in moderate oven.

MRS. WILLIAM REEDER

ANGEL FOOD CAKE

whites of 11 eggs	scant teaspoon cream of tartar
1 cup flour	1 $\frac{1}{4}$ cups sugar

Sift flour, cream of tartar and sugar 7 times. Fold in whites of eggs. Bake in ungreased pan.

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WHITE & GOLD CAKE

WHITE

2½ cups flour

¾ cup butter

1½ cup sugar

½ cup milk, flavor

2 teaspoons baking powder

whites of 8 eggs

GOLD

¾ cup butter

1½ cup sugar

2½ cups flour

yolks of 8 eggs

¾ cup milk

2 teaspoons baking powder, flavor

DATE CAKE

1 cup sugar

1 tablespoon butter

1 cup flour

1 pound dates

1 teaspoon baking powder

1 cup boiling water

¼ teaspoon soda in boiling water

1 cup nut meats

Beat 1 egg separately and add last. Serve with whipped cream.

BRIDES CAKE

3 cups sugar

small cup butter

1 cup sweet milk

whites of 12 eggs, flavor

4 small cups flour

½ cup cornstarch

2 teaspoons baking powder

Bake in loaf.

SUNSHINE CAKE

10 eggs

1 teaspoon lemon

1½ cups sugar

1 level teaspoon cream tartar

1¼ cups flour

pinch salt

1 teaspoon vanilla

Sift flour 4 times, sift sugar and salt 4 times. Beat whites stiff, adding cream of tartar, little at a time. Add sugar by spoonful, then flour slowly. Beat yolks, with flavoring, and add. Bake in ungreased pan slowly for 1 hour. Invert pan until cool.

BURNT SUGAR CAKE

½ cup butter

1½ cups sugar

½ cup each milk and water

3 cups flour

½ cup burnt sugar syrup

2 eggs

1 teaspoon vanilla

2 heaping teaspoons baking powder

Bake in two layers.

Frosting

1½ cups sugar

2 tablespoons sugar syrup

½ cup milk

small lump butter

Cook until forms firm ball in cold water. Add 1 tablespoon vanilla and cool. Beat until too stiff to spread. Thin to proper consistency with milk. To burn sugar put 1 cup sugar in skillet and burn until it smokes. Add ½ cup water and cook until a thin syrup is formed.

MRS. BRUCE POLLARD

DEVILS FOOD CAKE

2 cups brown sugar	1 teaspoon baking powder
½ cup butter	2 eggs
2 tablespoons chocolate	½ cup sour milk
2 cups flour	1 level teaspoon soda
½ cup hot water	vanilla

Cream butter and sugar and add eggs well beaten. Add milk. Sift flour, cocoa, salt, soda and baking powder together three times and add to the first mixture. Stir in vanilla and bake in layers or loaf in a moderate oven. MRS. S. G. CLARK

DEVILS FOOD CAKE

1 cup sugar	2 cups flour
½ cup butter	½ cup cocoa
2 eggs	1 level teaspoon soda
1 cup milk (sweet)	2 teaspoons baking powder
½ teaspoon salt	1 teaspoon vanilla

Cream butter and sugar and add eggs well beaten. Add milk. Sift flour, cocoa, salt, soda and baking powder together three times and add to the first mixture. Stir in vanilla and bake in layers or loaf in a moderate oven. Mrs. S. G. CLARK

FINE FRUIT CAKE

15 eggs	½ lb. almonds (blanched)
1 ¼ lbs. butter	1 oz. nutmeg
1 ½ lbs. flour	1 oz. cinnamon
1 ½ lbs. sugar	1 gill grape juice
2 ½ lbs. raisins	½ teaspoon soda
2 ½ lbs. currants	½ cup Orleans molasses
1 ½ lbs. chopped dates	1 gill rose water
citron (5 cents worth)	

Cream butter and sugar; add yolks well beaten; then molasses, spices, liquids and fruits that have been rubbed dry in flour, nuts and citron. Lastly flour and well beaten whites. Bake four hours. This makes two big cakes.

MRS. DAVID CRAIL

SHORTCAKE

2 cups flour	¼ cup butter
½ teaspoon salt	1 egg
4 teaspoons baking powder	½ cup milk
4 tablespoons sugar	

Sift dry materials together and rub in the butter. Beat egg and milk together and add to dry mixture. Mix well, turn on floured board, and roll about $\frac{3}{4}$ inch thick. Cut with biscuit cutter and place in hot oven. Split and butter while hot. Serve with crushed strawberries as individual shortcakes.

BURNT SUGAR CAKE

1 cup butter	3 teaspoons caramel
1 ½ cups sugar	1 teaspoon vanilla
3 yolks eggs	½ cup flour
1 cup cold water	2 teaspoons baking powder
2 cups flour	2 egg whites

Cream butter, add sugar and cream again, add yolks, 1 cup cold water and 2 cups of flour. Beat all 3 minutes, then add last half and beat well.

CARAMEL FOR BURNT CAKE

Put $\frac{3}{4}$ cup sugar in sauce pan, cook until sugar melts or burns; add $\frac{1}{2}$ cup boiling water; remove pan from fire, put in water, stir briskly. Put on stove and boil until you have a syrup. Then bottle it.

FILLING

1 cup sugar	1 teaspoon vanilla
$\frac{1}{2}$ cup water	2 teaspoons caramel
2 egg whites	

Boil sugar and water until it hardens, beat in whites, vanilla and caramel.

MRS. DAVID CRAIL

PLAIN TWO LAYER CAKE

1 cup sugar	1 teaspoon baking powder
$\frac{1}{2}$ cup butter	1 cup milk
2 eggs	2 cups flour
pinch of salt	1 teaspoon vanilla

Cream shortening and add sugar gradually. Beat egg yolk and add. Stir in milk and flour (sifted with baking powder several times). Last fold in stiffly beaten whites of egg and flavoring. Bake in layers.

MRS. OWEN C. COY

LAYER CAKE

3 eggs	butter size of egg (melted)
$1\frac{1}{2}$ cups sugar	$\frac{3}{4}$ cup hot milk
$1\frac{1}{2}$ cups flour	flavoring
$1\frac{1}{2}$ teaspoons baking soda	
pinch of salt	

Cream eggs and sugar, melt butter in the hot milk, flavoring, and add to eggs and sugar; mix well. Bake in moderate oven.

PRUNE CAKE

1 cup sugar	3 tablespoons sour cream (or milk)
$\frac{1}{2}$ cup shortening	1 cup cooked prunes
1 egg	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ teaspoon soda	1 teaspoon vanilla
salt	1 teaspoon cinnamon

Cream sugar and fat; add egg, sour cream and prunes. Sift soda with flour and vanilla and cinnamon. Bake 1 hour in very slow oven.

WHITE CAKE

$\frac{1}{2}$ cup shortening	3 teaspoons baking powder
$1\frac{1}{2}$ cups sugar	1 teaspoon salt
1 cup milk or water	1 teaspoon orange extract
3 cups flour	3 whites eggs

Cream shortening, add sugar and cream. Sift dry ingredients and add alternately with milk. Add orange, beat thoroughly and last fold in stiffly beaten whites of eggs. Bake in greased layer tins in moderate oven for 15 minutes.

UPSIDE DOWN CAKE

4 slices pineapple
¾ lb. butter

2 cups brown sugar
½ package dates

Melt butter in pan. Cut up pineapple. Add dates (cut in pieces) and the brown sugar. Stir until thoroughly mix. Mix plain cake and pour on top. Bake 20 to 30 minutes. Turn out while hot. Serve with whipped cream.

MRS. W. S. STRICKLER

Cinnamon Sweet Cake

1 cup brown sugar
1 tablespoon butter
1 egg
2 cups flour

1 teaspoon cinnamon
¾ cup milk
1½ teaspoon baking powder

Cream the butter and sugar. Add egg and cinnamon, then the flour and milk alternately and the baking powder last. Bake in 2 shallow greased tins; spread brown sugar, cinnamon and bits of butter over the top and bake in a moderately hot oven. Place one layer on other while still hot.

BUTTERSCOTCH COOKIES

4 cups brown sugar
1 cup shortening
4 eggs
1 teaspoon cream tartar

1 teaspoon soda
6 cups sifted flour
½ teaspoon salt
flavoring

Cream sugar and shortening and add beaten eggs. Sift into it the flour, cream tartar, soda and salt. Mix well and knead in enough flour to form into small loaves. Mix and mold at night. Set in cooler and in the morning slice thin as desired and bake in a moderate oven (350 degrees) on the bottoms of the cake tins. This is a large recipe and makes several hundred cookies. MRS. OWEN C. COY

FLUFFY SPONGE CAKE

3 egg yolks
¼ cup cold water
1½ cups sugar
½ teaspoon lemon extract
2 cups pastry flour

¼ cup cold water
1 cup pastry flour
½ teaspoon salt
2 teaspoons baking powder
3 egg whites

Use a strong Dover egg beater, beat egg yolks, then beat in each ingredient as enumerated in order, baking powder and salt with last cup of flour. Fold in egg whites beaten very light. Bake in greased papered layer pans.

MRS. WILLIAM REEDER

FAIRY SPONGE CAKE ..

2 cups sugar (scant)
4 eggs
2 cups flour (sifted)

1 cup boiling water
2 teaspoons baking powder
1 teaspoon flavoring or to taste

Separate eggs using one whole egg and yolks together. Beat them and 1 cup sugar thoroughly, add second cup sugar, beat again good. Next add 1 cup flour, beat again, then cup hot water, pouring it in slowly. Keep beating all the time. Add other cup flour with baking powder in it; beat this good, add flavoring and whites beaten stiff. Have oven hot, then turn gas down about half when the cake

MRS. ROBERT STANLEY

ICE-BOX CAKE

1/2 envelope Knox Gelatine

1/4 cup water

1 cup Log Cabin Maple Syrup

1/2 lb. lady fingers

1 pint whipping cream

Dissolve gelatine in cold water. Put in large mixing bowl. Bring maple syrup to boiling point, pour on gelatine and stir until dissolved. Beat with egg beater until cold and creamy. In another bowl place 1 1/2 cups cream and whip, then fold gelatine mixture into the cream.

Line pan with lady fingers across the bottom, (split them) and also stand along sides of pan. Pour gelatine and cream mixture into pan with lady fingers. Put lady fingers across top also. Stand on ice for several hours. Turn out of mold, and slice. Cover with whipped cream and chopped nuts. ELMA WATSON

PINEAPPLE UPSIDE DOWN CAKE

2 tablespoons butter

4 tablespoons brown sugar

1 large can pineapple

chopped nuts or coconut

Melt butter and sugar together over flame. Arrange slices of pineapple in pan. Sprinkle nuts or coconut over it. Keep warm while mixing the following batter:

4 egg yolks

1/2 teaspoon baking powder

1 cup sugar

4 whites eggs

pinch of salt

flavoring

1 cup flour

Beat yolks, add sugar and beat again. Add flour alternately with stiffly beaten whites. Salt and flavor.

Pour this batter over the fruit in the pan. Bake slowly until a golden brown. Remove from the oven, let stand about 5 minutes and invert on plate.

MRS. ALBERT HOLTER

“YUM-YUMS” (Date Tart)

1 egg

2 teaspoons baking powder

1 cup sugar

1 cup chopped nuts

1/2 cup milk

1 cup chopped dates

1 cup flour

Mix ingredients in order given, sifting dry ingredients together. Pour into a greased shallow pan and bake in a moderate oven 30 minutes. While hot cut into squares and roll in powdered sugar.

LUCY HUSE CATE

BROWN SUGAR DROP CAKES

1 1/2 cups brown sugar

1 egg

1/2 cups water

1 teaspoon soda

one third cup shortening

2 1/2 cups flour

1/2 cup nuts

1/2 cup raisins

1/2 cup raisins

Mix and drop by spoonfulls into baking sheet. Bake until golden brown.

LUCY HUSE CATE

SATANIC DOUGH

two thirds cup shortening	2 1/4 cups flour
2 cups sugar	2 eggs
two thirds cup milk	2 squares chocolate melted and mixed
1 teaspoon soda dissolved in milk	with 1/2 cup boiling water
Bake in loaf or 3 layers.	MRS. ALFRED CATE

DOUGHNUTS

scant cup sugar	2 tablespoons melted shortening
2 eggs	small teaspoon soda
1 1/2 cups buttermilk	1 teaspoon baking powder
1/2 teaspoon nutmeg	flour to roll out
Fry in hot lard.	

RICH COOKIES

1/2 cup butter	3/4 cup flour
one third cup sugar	1/2 teaspoon vanilla
1 egg well beaten	raisins, nuts or citrin

Cream butter, add sugar, gradually egg, flour and vanilla. Drop from spoon in small portions on buttered pan, 2 inches apart. Spread thinly with a knife first dipped in cold water. Put on raisins or nuts. HELEN TOWNSEND

OATMEAL DROPS

2 cups oatmeal	2 eggs
1 cup shortening	1 cup sugar
5 tablespoons sweet milk	1 level teaspoon soda
1 cup raisins	a little cinnamon
2 cups flour	

Mix oatmeal and butter and let stand. Mix well beaten eggs with sugar and dry ingredients. Add first mixture and drop from spoon. Bake in moderate oven. 1 cup nuts added makes them better.

SHAMROCK CAKES

4 tablespoons shortening	8 tablespoons milk
1 cup sugar	1 1/2 cups flour
2 eggs	2 teaspoons baking powder
1 teaspoon vanilla	

Cream shortening and sugar thoroughly. Add well beaten eggs—add sifted dry ingredients alternately with milk flavor. Bake in shallow pan, greased, in a rather quick oven. Cool and cut in shapes of shamrock or make cup cakes and frost with green frosting. MRS. LEE BATES

ROLLED OATS DROP COOKIES

3/4 cup butter	1 teaspoon cinnamon
1 cup sugar	1 cup rolled oats
2 eggs	1 cup raisins
1/2 cup coffee or sour milk	1 cup nuts
3/4 teaspoon soda	2 cups flour
1/2 teaspoon salt	

MRS. B. POLLARD

OATMEAL MACAROONS

1 tablespoon melted butter

$\frac{1}{2}$ cup rolled oats

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ cup flour

$\frac{1}{2}$ teaspoon baking powder

Rub sugar into butter and mix with egg; stir in rolled oats, salt and baking powder. Drop small shapes on greased pans and bake in hot oven until brown crisp.

MRS. LE ROY WEATHERBY

FUDGE BARS

$\frac{1}{2}$ cup shortening

$\frac{3}{4}$ cup flour

1 cup sugar

1 cup chopped nuts

2 eggs

1 teaspoon vanilla

5 tablespoons chocolate

Bake in slow oven $\frac{1}{2}$ hour and while hot cut in squares.

MRS. ALFRED CATE

NUT BARS

1 cup brown sugar

$\frac{1}{4}$ teaspoon soda

1 egg

pinch salt

Mix:

1 teaspoon nut meats

1 tablespoon sour cream

6 $\frac{1}{2}$ rounding tablespoons flour

1 tablespoon water

Mix thoroughly and spread thin in a shallow buttered pan and bake slowly.

Cut in squares.

MRS. S. G. CLARKE

FILLED FRUIT COOKIES

4 cups flour

1 $\frac{1}{2}$ cups sugar

2 teaspoons baking powder

2 eggs

1 cup butter

$\frac{1}{2}$ cup sweet milk

Rub shortening into flour that has been mixed well with baking powder. Add sugar, eggs and milk. Roll thin, place teaspoon filling on a round and place another round on top.

FILLING

1 cup chopped raisins or dates

1 cup cold water

1 lemon (grated rind and juice)

2 tablespoons butter

1 tablespoon flour

$\frac{1}{2}$ cup chopped nuts

1 cup sugar

Cook until thick and add nuts.

MRS. LEE E. BATES

FILLED COOKIES

1 cup sugar

2 $\frac{1}{2}$ cups flour

$\frac{1}{2}$ cup shortening

1 teaspoon baking powder

1 egg

pinch salt

$\frac{1}{2}$ teaspoon soda

1 teaspoon vanilla

$\frac{1}{2}$ cup sour milk

FILLING

1 cup raisins

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup nut meats

1 tablespoon flour

$\frac{1}{2}$ cup water

salt

Grind nuts and raisins. Boil all until smooth and put spoonfull between 2 cookies rolled very thin. Press edges together and bake in quick oven.

FRUIT WHIP

1 cup sugar

1 cup fruit pulp

Put together in a bowl and whip with an egg beater until stiff.

white of 1 egg

MRS. OWEN C. COY

ROCKS

1 $\frac{1}{2}$ cups sugar

two thirds cup butter

2 $\frac{3}{4}$ cups flour

$\frac{1}{2}$ teaspoon soda

Drop on tins and bake.

1 cup chopped nuts

1 cup raisins

1 teaspoon cinnamon

one third cup sour milk

MRS. LE ROY WEATHERBY

DATE BARS

2 eggs beaten stiff

1 cup sugar

6 tablespoons flour

2 level teaspoons baking powder

pinch salt

1 cup chopped nuts

1 cup dates cut in thirds

Mix in order given and bake in sheet pan. 300 degrees for about 30 minutes.
When done cut in squares or bais.

MRS. OWEN C. COY

“AUNT ALLIE’S ROCKS”

2 pkgs. dates—seed and cut in 4 pieces 2 heaping teaspoons baking powder

2 cups English walnuts (chopped) 4 eggs (beaten separately)

1 cup sugar

vanilla

1 cup flour

Beat whites very stiff. Add yolks, then sugar and flavor. Put baking powder in flour, sift enough over dates and nuts to keep them from sticking together. Stir the rest in the mixture and bake in small cakes on top of buttered tin. Leave about 1 inch space between the cakes.

MRS. A. F. SPEICHER

CHOCOLATE ICING

1 egg yolk

1 oz. melted chocolate

4 tablespoons butter

1 teaspoon vanilla

2 cups powdered sugar

Cream butter and sugar. Add chocolate, then beaten egg yolk and vanilla. If too thick to spread, add a little cream.

MRS. DAVID CRAIL

BANANA ICING

Take $\frac{1}{2}$ a banana, mash well and add enough powdered sugar to make the right consistency to spread well. Use about 1 teaspoon vanilla. Enough to cover a small cake.

MRS. LEE BATES

SEVEN-MINUTE MARSHMALLOW ICING

1 egg white

12 marshmallows

$\frac{7}{8}$ cup sugar

1 teaspoon vanilla

3 tablespoons water

Put the egg-white, sugar and water in the upper part of a double boiler and set it over rapidly boiling water. Beat constantly with a Dover egg beater for 7 minutes. Remove from stove and add vanilla and marshmallows, cut in small pieces. Beat until of the proper consistency to spread.

MOCHA FROSTING

1 cup confectioner's sugar	$\frac{1}{2}$ teaspoon vanilla
1 teaspoon butter	2 tablespoons strong black coffee

ICE CREAM

The Five Threes

3 cups sugar	3 oranges
3 pints milk or part cream	3 bananas
3 lemons	

Take juice from the lemons. Cut the oranges and bananas in small pieces and add to the sugar and milk. Freeze. Makes 2 quarts of ice cream

MRS. S. G. CLARKE

LEMON SHERBET

1 quart milk	2 lemons
1 pint cream	6 oranges
3 cups sugar	

Freeze milk, cream and sugar to a mush, add fruit juice and finish freezing. This will make a gallon

CALAVO ICE CREAM

Boil to a syrup 1 cup of sugar and $\frac{1}{2}$ cup of water. Add 1 teaspoon vanilla. Add to this 1 quart of milk and 1 pint of cream. Freeze for about 10 minutes. Mash 1 $\frac{1}{2}$ cups of ripe Calavo pulp and beat well with the white of 1 egg. Add 1 cup of finely sliced Calavo. Add the mashed and sliced Calavo to the half frozen mixture and freeze hard. This makes 1 gallon

Or: To 3 $\frac{1}{2}$ pints of plain ice cream add 1 pound (2 cups) of mashed Calavo and 1 cup of minced Calavo plus 1 tablespoon of lemon juice. Mashed Calavo added to peach or strawberry ice cream in the proportion of 1 lb. to $\frac{1}{2}$ gallon adds richness and texture.

PIES

BUTTER SCOTCH PIE

1 $\frac{1}{2}$ cups milk	yolk of 1 egg beaten
two thirds cup brown sugar	butter half size of egg
3 tablespoons flour stirred in little milk	1 teaspoon vanilla

Put together in order named and cook as custard in a double boiler. Pour in ready baked crust and frost with the white of the egg.

MRS. LE ROY WEATHERBY

PUMPKIN PIE

1 cup pumpkin	$\frac{1}{2}$ cup molasses
2 eggs	$\frac{1}{2}$ teaspoon ginger
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup milk

Beat eggs and mix all other ingredients together. Bake in a 1 crust pie in a slow oven.

MRS. S. G. CLARKE

LEMON FLUFF PIE

Put yolks of 3 eggs in double boiler with $\frac{1}{2}$ cup sugar, speck salt, juice and rind of one lemon; add 3 tablespoons boiling water, after this has cooked until thick. Beat egg whites very stiff and add $\frac{1}{2}$ cup sugar, then fold into the cooked mixture while hot. Put into baked pastry shell and bake in slow oven until set, about 2 minutes.

MRS. T. D. ODELL

CREAM PIE Makes (2) Pies

1 quart sweet milk	white of 1 egg
1 cup sugar	flavoring
2 tablespoons flour	2 egg whites for meringue
yolks of 3 eggs	

Cook in double boiler until thick, flavor and pour into baked crust. Spread on egg whites and brown.

ORANGE CREAM PIE

3 eggs	1 1/2 cups milk
1 cup sugar	grated rind & juice 1 orange
2 1/2 tablespoons cornstarch	

Scald milk, add cornstarch, cook until thick, then add yolks of eggs, 1/2 cup sugar, juice and rind of orange. Cool slightly and pour into baked crust. Beat whites with 1/2 cup sugar, spread on top and brown.

LEMON PIE

Place juice and grated rind of 1 lemon and juice of 1/2 lemon with 1 cup sugar in double boiler. While this is heating beat until very light the yolks of 5 eggs. Add this to the heated juice and stir constantly until it is a stiff custard. Have 2 egg whites beaten as stiff as possible and add to custard. Remove from double boiler.

The success of the pie depends upon the consistency of the custard as the beaten whites thin it. Place in your baked shells. Beat the remaining three whites until dry, add 2 teaspoons sugar and heap on top of pie. Place in oven until meringue is golden brown.

MRS. ALBERT ULREY

LEMON PIE

3 eggs	juice and rind of 1 lemon
1 cup sugar	

Mix beaten yolks of 3 eggs with 1/2 cup sugar. Beat light, add juice and rind of lemon. Put in double boiler and boil until thick. Beat whites stiff, add other 1/2 cup of sugar and beat well. Add to the custard while latter is hot. Have pastry shell baked turn creamy mixture in and bake delicate brown.

MRS. FRED W. GILMAN

LEMON CAKE PIE

1 cup sugar	1 lemon
2 tablespoons butter	2 eggs
4 tablespoons flour	1 cup milk (scant)

Mix together sugar, flour, butter, juice and rind of lemon and yolks of eggs. Add cup of milk. Beat well, add the stiffly beaten whites of eggs and mix again. Put in crust immediately and bake 25 minutes in a moderate oven. This makes a lemon pie with a cake-like top.

BUTTER SCOTCH PIE

1 cup brown sugar	2 egg yolks
1 tablespoon flour	1 tablespoon butter
1 cup sweet milk	vanilla

Heat milk and butter in double boiler; beat egg yolks, mix sugar and flour together and add to milk. Add beaten egg and vanilla. Pour in baked crust. Make meringue of whites of eggs with 2 tablespoons of sugar.

MRS. ALBERTA GEORGE

CUSTARD PIE

3 eggs	1 pint milk
1 cup sugar	pinch salt

Pour into unbaked crust; sift nutmeg over top. Bake until firm.

CHOCOLATE PIE

½ cup sugar	1 teaspoon vanilla
1 heaping teaspoon cornstarch	1 heaping teaspoon cocoa
2 yolks of eggs	1 pint sweet milk

Mix dry ingredients first, then add beaten yolks of eggs and milk. Cook in double boiler until thick and pour in a baked crust. Make meringue of whites of 10 eggs and 2 tablespoons of sugar. Brown lightly in oven.

COCONUT CREAM PIE

2 cups sweet milk	2 tablespoons cornstarch
2 egg yolks	2 tablespoons margarine
4 tablespoons sugar	pinch salt
1 tablespoon cocoanut	

Scald milk and cocoanut, mix sugar, salt, cornstarch and egg yolks and margarine. Pour in milk, cook in double boiler until thick. Let cool and put in crust and cover with meringue and brown.

SWEET POTATO PIE

1 lb. sweet potatoes	1 cup sugar
2 cups milk	1 teaspoon salt
2 egg yolks, beaten	vanilla

Mix ingredients, pour into uncooked pastry shell and bake slowly for 1 hour. Cover with meringue made of 2 egg whites beaten stiffly, four tablespoons sugar and vanilla. Return to oven and brown slowly. MRS. ALBERT HALTER

WASHINGTON PIE

3 eggs	1 scant teaspoon salt
1½ cups sugar	2¼ teaspoons baking powder
1½ cups flour	

Beat eggs lightly, add sugar and beat until lemon colored. Sift flour, salt and baking powder together, stir into eggs and sugar and heat well. Add ¾ cup hot milk with 3 teaspoons crisco melted in milk and beat well. It will be much thinner than cake batter. Pour into 2 deep pie tins and bake in slow oven. When cool split and fill between halves with custard made with:

1 pint milk	2 eggs
1 cup sugar	2 heaping tablespoons cornstarch
Flavor to suit taste.	MRS. ALBERTA GEORGE

BANANA CREAM PIE

Scald in double boiler, 2 cups milk, yolks 2 beaten eggs and three tablespoons of flour, three teaspoons sugar, blended with enough milk to keep it from lumping. Add a little salt.

Mix yolks with flour and sugar and add to milk.

When cool, add vanilla and make meringue of egg whites.

Slice three bananas in the bake crust and pour the above mixture over the bananas.

Add meringue and brown in oven.

MRS. T. D. ODELL

CREAM PIE

¾ cup sugar	2 eggs
one third cup flour	2 cups scalded milk
½ teaspoon salt	1 teaspoon vanilla

Scald milk; mix dry ingredients and add slightly beaten eggs, add milk slowly and return to double boiler and cook until thick. Turn into baked pie shell.

MRS. ALFRED CATE

PIE CRUST

For 1 pie, take 1 heaping cup of flour, ½ cup lard, pinch of salt, pinch of baking powder; mix thoroughly and add enough water to roll. Roll thin and bake in quick oven.

CANDIES

UNCOOKED PEPPERMINTS

Flavor 2 or 3 tablespoonsfull of water with oil of peppermint. Add powdered sugar until mixture is hard enough to cut with a cutter. Cut into circles about an inch in diameter and dip into melted chocolate. MRS. LE ROY WEATHERBY

FUDGE

4 level tablespoons chocolate	one third cup Karo
½ cup cold milk	2 tablespoons butter
2 cups granulated sugar	1 teaspoon vanilla

Mix together all the ingredients except the vanilla. Cook slowly, stirring once in a while. Cook until it forms a soft ball in cold water (about 5 minutes of actual boiling). Remove from fire, add vanilla and beat until it begins to granulate. Pour into buttered pan and mark into squares.

MRS. OWEN C. COY

DIVINITY

3 cups sugar	2 cups chopped walnuts
½ cup Karo	1 teaspoon vanilla
two thirds cup water	whites of 2 eggs
½ teaspoon salt

Boil sugar, water and Karo till it forms a soft ball in cold water. Pour slowly onto the whites of eggs beaten with the salt. Beat until nearly stiff, enough to hold its form. Add nuts and flavoring.

MRS. OWEN C. COY

CHOCOLATE FUDGE

3 cups sugar	2 squares chocolate (grated)
1 cup milk	1 tablespoon butter
½ cup nuts	

Mix materials, adding butter after mixture starts to boil. Boil until it forms soft ball when dropped in water. Turn off heat and let stand without jarring for 4 hours. Turn out on table and add ½ cup chopped nuts. Knead with greased hands or spatula until mixture is very thick and lighter colored. Turn into buttered dish and cut into squares. It will harden very quickly if mixture has been worked long enough. (Cut marshmallows may be added with nuts).

BRESEE BROTHERS

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ORANGE FUDGE

1 $\frac{1}{2}$ cups sugar

1 tablespoon orange juice

$\frac{1}{2}$ cup milk

grated rind of $\frac{1}{2}$ orange

boil 5 minutes, then add 2 tablespoons butter.

Boil until it forms a soft ball when tried in cold water. Remove from fire and cool, then beat until creamy. Pour in buttered tins.

MRS. ROBERT STANLEY

BOSTON CREAM

3 cups sugar

$\frac{1}{2}$ cup corn syrup

$\frac{3}{4}$ cup cream (sweet or sour)

1 cup nuts

$\frac{3}{4}$ cup milk

1 teaspoon vanilla

Cook until light brown and forms soft ball in cold water, cool, add nuts, knead and shape.

MRS. ALFRED CATE

SEA FOAM

2 cups brown sugar

white of egg

$\frac{1}{2}$ cup water

Boil sugar and water together till it spins a thread. Pour slowly over beaten white. Stir constantly until stiff enough to hold its shape. Drop from a spoon.

MRS. SATHER

DIVINITY FUDGE

2 cups sugar

whites of 2 eggs

$\frac{1}{2}$ cup Karo

cup of nuts

$\frac{1}{2}$ cup water

flavoring

Boil sugar, Karo and water till it forms soft ball, then pour about 8 tablespoons full into well beaten whites of eggs. Continue to beat until the rest of syrup forms a hard ball then pour into egg whites beating constantly. Put nuts and flavoring in just before candy is ready to turn out onto platter.

GLADYS GRAY

PRESERVES

LEMON MARMALADE

Quarter and slice 1 dozen freshly picked lemons, which have just turned yellow, taking out the seeds and center core. Weigh and add 1 pint of water for each lb. Cook until quite tender, then take from fire and stir in 1 lb. of sugar for each lb of fruit and boil 10 or 15 minutes. Seal in glasses.

FIG PICKLES

15 lbs. figs

1 oz. cloves

10 lbs. sugar

1 oz. cinnamon bark

1 $\frac{1}{2}$ cups vinegar

Steam figs until tan-colored. Make heavy syrup of sugar. Drain figs well, put in syrup, let stand overnight. Take out—drain, add vinegar and spices and boil till thick. Add figs. Heat through and seal.

MRS. ALBERTA GEORGE

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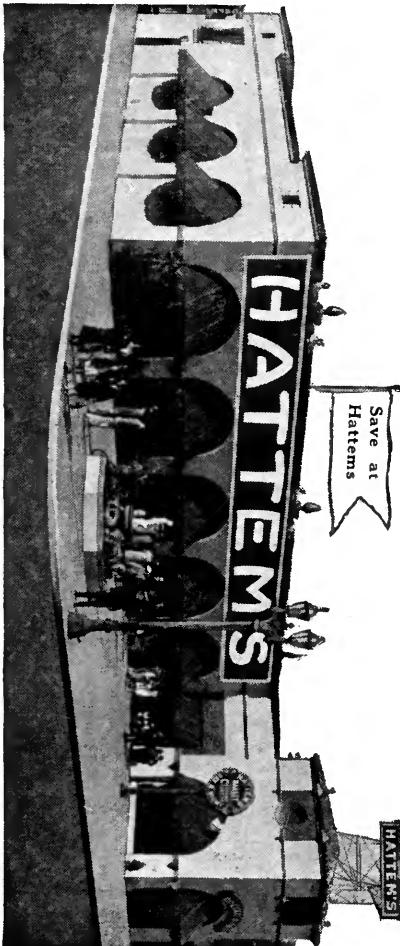
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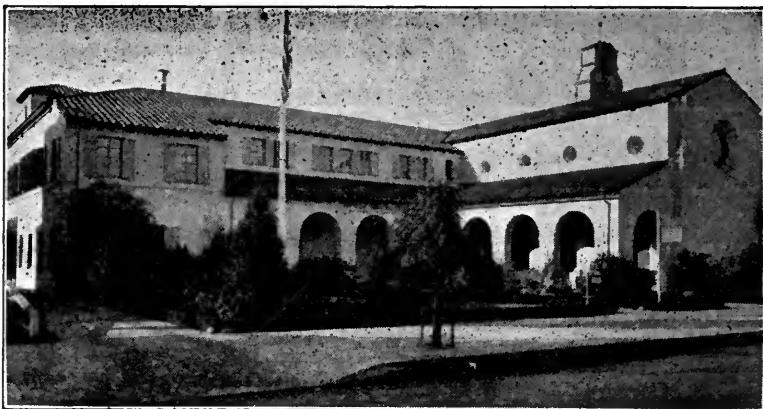
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